

Tummy tucks... *uncovering your hidden figure*

Plastic Surgeon, Mr Marc Pacifico MD FRCS(Plast.), gives an insight into one of the most requested plastic surgery operations



“The majority of patients I see about tummy tucks are either women who have had more than one child or people who have lost a fair amount of weight,” says Tunbridge Wells Plastic Surgeon Mr Marc Pacifico. “What both of these groups have in common is a loss of elasticity of their abdominal skin, which results in loose skin (and fat) which they cannot lose, no matter how much they exercise and diet”.

According to BAAPS (the British Association of Aesthetic Plastic Surgeons) over 3000 tummy

tucks (abdominoplasties) were performed in the UK last year. It continues to remain one of the most popular aesthetic surgery procedures routinely performed.

Mr Pacifico explains, “There are several types of abdominoplasty, including the mini-abdominoplasty, the full abdominoplasty and the post-massive weight loss abdominoplasty. The right technique for an individual is dependent on various characteristics of the abdomen, assessed by thorough clinical examination.”

The common element to all these procedures is that abdominal skin is removed (usually all the skin between the belly button and pubic hair) and the lax stomach muscles are tightened to support the abdominal wall. The scars, which fade with time, usually run low down in the bikini line (often from hip to hip), and there is usually an additional scar hidden inside the belly button. Mr Pacifico also adds that, “Liposuction, especially to the flanks, is commonly performed as an additional procedure to help produce the

best possible result”.

A tummy tuck will reveal and enhance your abdominal shape that is hidden underneath the covering of loose skin or fat. After surgery you will be able to show off your new figure in clothes that you may not have dared consider previously! 

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